

The #1 Selling Multivitamin Customized for Women's Busy Lives

Women's One™ Multivitamin delivers complete, energizing nutritional support designed to balance and protect the female system, with:

- **Research-Backed Multivitamin Protection**—customized to go beyond the minimal support afforded by 100% of the Daily Values to deliver protective potencies.
- **Iron and Key Bone-Supporting Nutrients**—such as magnesium, vitamin D, boron and calcium in carbonate and citrate/malate forms to support easy absorption.
- **Nourishing Women's Botanicals**—featuring dong quai, soy isoflavones and red clover, plus high-potency B vitamins, energizing green foods and wholesome vegetable concentrates for overall vitality.

SUGGESTED USAGE: For potent daily protection, take 1 gentle-on-the-stomach tablet with or between meals.

GUARANTEE: 100% natural—free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Hypoallergenic. Contains no sugar, lactose, gluten, wheat, or allergenic yeasts.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



Formulated and Distributed by
© 2005 RAINBOW LIGHT
NUTRITIONAL SYSTEMS
125 McPherson St., Santa Cruz, CA 95060
www.rainbowlight.com Rev.2.5-0

RAINBOW
LIGHT®



Women's One™ Multivitamin

Feel the Difference

- Potent & Science-Safe
- Gentle on the Stomach
- Guaranteed 100% Natural

150

Multivitamin Supplement Tablets

Supplement Facts Serving Size 1 Tablet

	One Tablet Provides	%DV
Vitamin A (50% Beta-Carotene, 50% Palmitate)	5,000 IU	100%
Vitamin C (Ascorbic Acid)	120 mg	200%
Vitamin D ₃ (Cholecalciferol)	400 IU	100%
Vitamin E (d-alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (Phytonadione)	100 mcg	125%
Thiamin (Vitamin B-1)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacinamide (Vitamin B-3)	25 mg	125%
Pyridoxine HCl (Vitamin B-6)	25 mg	1250%
Folic Acid	400 mcg	100%
Cyanocobalamin (Vitamin B-12)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid (Vitamin B-5)	25 mg	250%
Calcium (Carbonate, Citrate-Malate)	200 mg	20%
Iron (Amino Acid Chelate)	6 mg	33%
Magnesium (Oxide)	100 mg	25%
Zinc (Citrate)	10 mg	67%
Selenium (Selenomethionine, Amino Acid Chelate)	200 mcg	286%

	One Tablet Provides	%DV
Copper (Amino Acid Chelate)	1 mg	50%
Manganese (Citrate)	2 mg	100%
Chromium (Amino Nicotinate)	200 mcg	167%
Molybdenum (Amino Acid Chelate)	75 mcg	100%
Choline (Bitartrate)	20 mg	*
Inositol	20 mg	*
Boron (Glycinate)	1 mg	*
Citrus Bioflavonoids	25 mg	*
Women's Nourishing Blend	150 mg	*
(equivalent to 325 mg food and herbal powder)		
Dong Quai [root] 4:1 Extract, Spirulina, Non-GMO** Soy (standardized to 2.5% Isoflavones), Red Clover [blossoms] 2:1 Extract		
4:1 Vegetable Juice Complex	10 mg	*
(equivalent to 40 mg of vegetable powder)		
Kale, Spinach, Dandelion Greens, Beet		
Digestive Enzyme Support		
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)		

* Daily Value (DV) not established.

** Genetically Modified Organism

Other ingredients (all natural mineral and plant-based): vegetable cellulose, microcrystalline cellulose, stearic acid (vegetable), silica, magnesium stearate.
Coating: vegetable food glaze.